



The Mission of Cedar International School, a non-profit private school, is to provide all students we serve the opportunity to achieve their academic best with an international curriculum within a culturally diverse environment; to encourage leadership, character, and creativity; to foster a culture of international mindedness and community service; and to nurture inquiring minds and caring personalities in all students.



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The Solution Studio

A place of inclusion and assistance, where students, teachers and parents can seek support, advice and solutions for their academic, social and emotional needs.

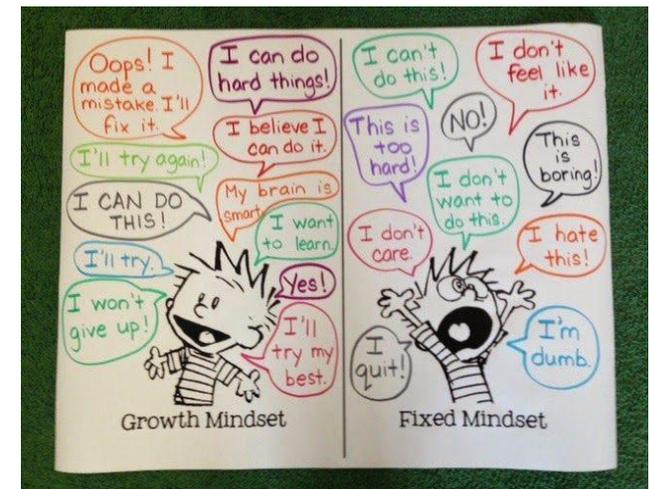
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Developing Healthy Self Esteem through a Growth Mindset



What is Self Esteem?

...belief and confidence in your own ability and value

Low self esteem can be displayed in various ways..

- Children may lose interest in learning
- Friendships can suffer as frustrated children seek negative attention
- Children can become withdrawn or give into peer pressure
- Many children with low self esteem develop self defeating ways to deal with challenges, like quitting, avoidance, silliness and denial
- Constantly backing away from challenges or blames others for failure
- Controlling others: being dictatorial

What is healthy self esteem?

Healthy self worth doesn't mean being narcissistic or arrogant. Healthy self worth means a realistic understanding of your strengths and weaknesses.

How can parents help their children to develop healthy self esteem?

Self esteem develops from feeling loved, secure and developing competence.

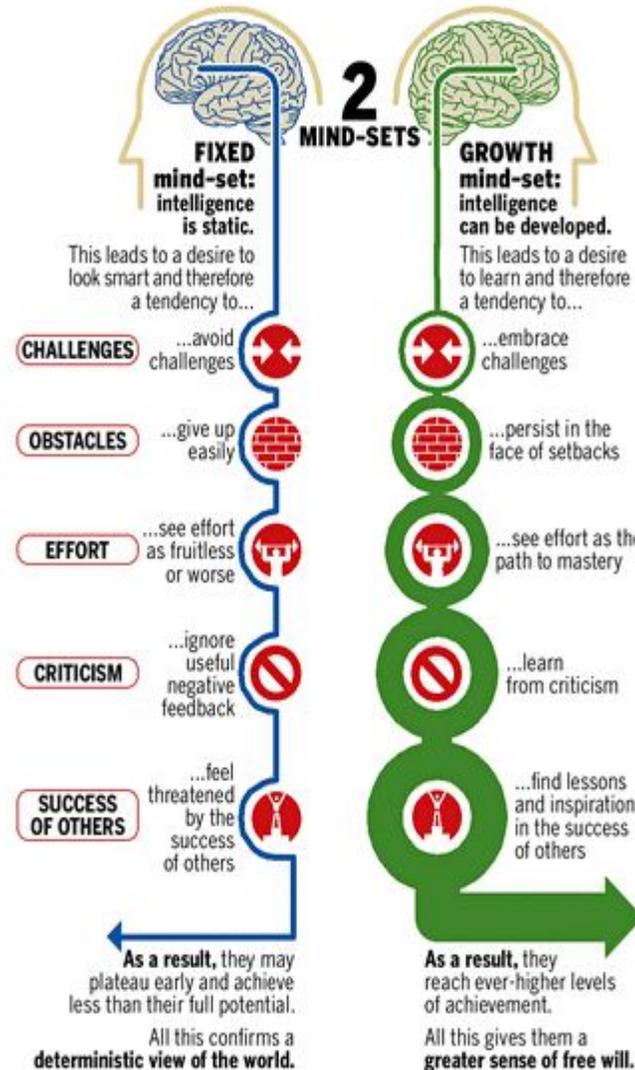
How to develop competence? Praise wisely!

Personal praise highlights your child's natural ability (intelligence/musical aptitude) whereas **effort based praise** emphasises what your child can control (e.g how much time they spent on a project).

The Fixed vs Growth Mindset

Research shows that children who are praised for being smart fixate on performance, shying away from risks and meeting potential failure. Children who are praised for their efforts try harder and persist with tasks longer.

These "effort" children have a "growth mindset" marked by resilience and thirst for mastery; the "smart" ones have a "fixed mindset" believing intelligence to be innate and not malleable.



How to instill a growth mindset?

Key components of Effort Based Praise:

Be Sincere: "Thank you for putting so much time into making this cake" vs "This is the best cake I've ever tasted!"

Be specific: "I like how you double-checked your math problems" vs "Good job on your homework"

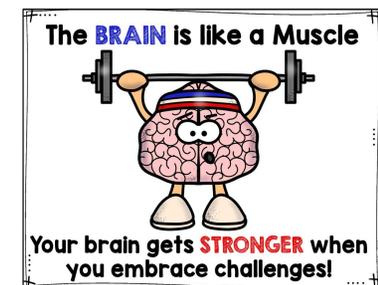
Avoid inflated praise: your child may not trust your judgement and be less willing to try new challenges

Realistic standards: Praise efforts in a way that emphasises growth and learning from mistakes. "Your watercolour technique is coming along nicely. What techniques did you use?" vs "That is fantastic! You'll have your own art gallery one day!"

Try not to compare: "I like the way you had your school bag ready to go this morning" vs "Well done for beating your sister"
Or "I'm proud of you for learning all those tricky spelling words" vs "Well done for coming first in the spelling bee"

If your child believes they arrived prepackaged with certain abilities, they may think they have no ability to improve or may be less willing to take risks for fear of revealing just how little talent they have.

Brains are like muscles: Teach children that their brains are like muscles that can be strengthened through hard work and persistence.



The Power of 'yet': "Not everyone is good at math, just try your best" vs "When you learn to do a new math problem, it grows your brain".
Or instead of saying "math isn't one of your strengths", add "yet" to the end of the sentence.